



6th Annual 5k Run/Walk - *Running With Your Whole Heart*

Saturday, May 20, 2017

WHERE: Short Beach (1 Dorne Drive - Stratford, CT)

REGISTRATION: 8:30 a.m. / **RACE STARTS** 10:00 a.m.



- **REGISTRATION FEES**
 - \$25 ADULTS AND CHILDREN 12 years and older
 - \$15 CHILDREN up to 11 years old
- **REFRESHMENTS:** Water will be available to all participants
- **AWARDS:** 1st place finishers in all standard 10 yr age groups
- **PROCEEDS BENEFIT:** Ladies of Virtue Conference
- **T-SHIRTS FOR PURCHASE \$10.00 each** (Add \$3 for sizes XXL plus)
Orders for T-Shirts must be in by April 14, 2017.

Detach and return the bottom portion with your payment to Covenant Life Ministries, 959 Main Street, Stratford CT 06615, Suite 203

I know that running and road racing are potentially hazardous activities. I will not enter this race unless I am medically able and properly trained. I assume all risks associated with this event, including but not limited to falls, contact with other participants, the effects of the weather including low temperature and/or precipitation, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, in consideration of accepting this entry, I, the undersigned, intending to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against Covenant Life Ministries and the Town of Stratford, Superintendent of Park and Recreation, and their agents, employees representatives, successors, and assigns, from any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event. I also release my rights to all photos, videos, images, etc. taken of me during this event.

Registration Fee \$ _____ **T-Shirt \$** _____ **Total Enclosed \$** _____

(Orders for T-Shirts must be in by April 14)

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

Email: _____ **Age:** _____ **Sex:** _____ **Shirt Size:** S ___ M ___ L ___ XL ___ OTHER _____

Signature: _____ **Date:** _____

Parent signature required for children under 18.

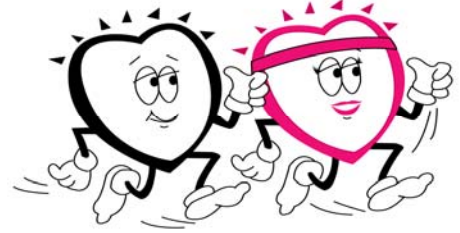
Help raise additional funds by getting friends and family to sponsor you. See next page for sponsor log sheet.

SPONSOR LOG SHEET



6th Annual 5k Run/Walk
"Running With Your Whole Heart"
 May 20, 2017

Participant: _____
 Phone #: _____
 Email: _____



1. Sign up sponsors: Use this form to record your sponsors. Collect the donations as you go.
2. Turn in the money & form at the event.

Sponsor's Name	Address	Amount	Paid
1			
2			
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24			
25			
		TOTAL	

Things to remember:

1. You must turn in donation pledges by the event date.
2. Sponsors should make checks payable to: Covenant Life Ministries. (Check can be used as a receipt for Tax Deductible Donation)
3. Have any questions??? Please feel free to call 203 386-9044